

Free Map HELLO! HUA-HIN

Volume 5 June - July 2004

What-When-Where? It's all here

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MY FRIEND TRAVEL.
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Manora Property Market
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For Accommodation... Look on the Map Page

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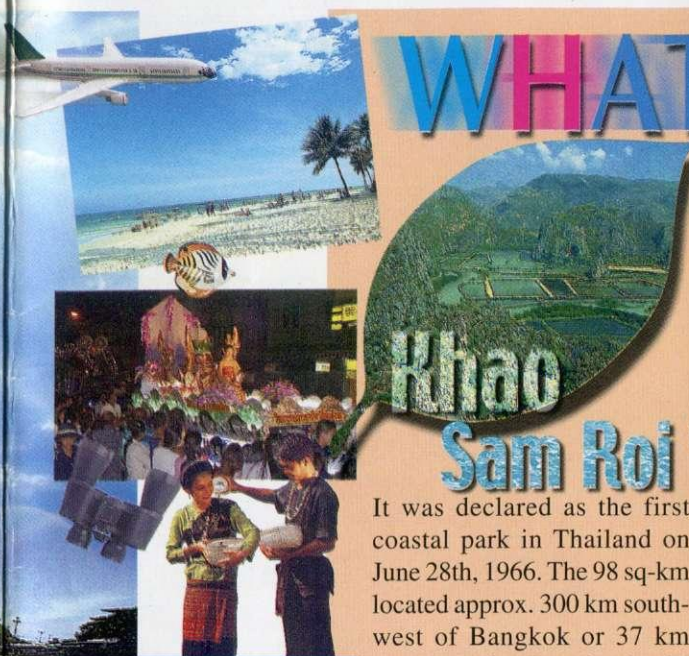
Shopping

Shopping guide in Hua Hin

Please feel free to ask for a proper discount when shopping in places where prices are not marked.

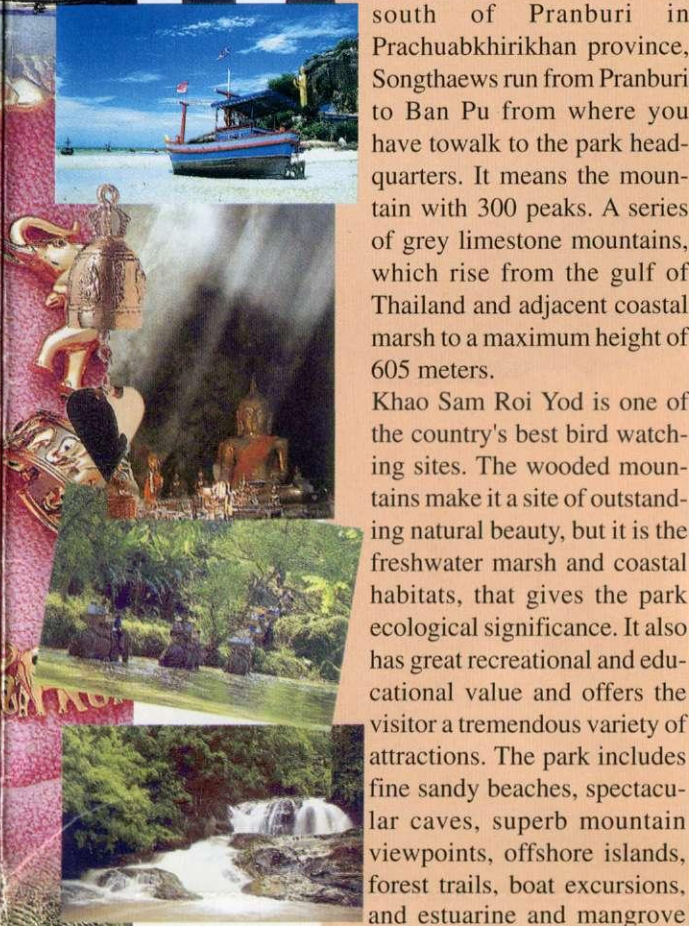
A huge variety of dried fish, dried shrimp, dried squid products, Trinkets, Shells products, The printed cotton fabric called Khommaphat, long famous for its wide range of traditional cotton fabrics and goods, rich in colour and design, If you want to know how they are prepared, pop into the small factory at the back to watch them at work at Phetkasem road nearby Baan Kachathong House, woman accessories and house wares made of coconut, Hua Hin Batic, Handmade and handicraft products of Pineapple Paper Handmade Pineapple Paper in Pranburi. Visit to factory, South off Pranburi, at km 263 turn back (U-turn) and turn left before the walking bridge, after 4.2 km you will see on the right side the factory and a big house, to take a look at how waste pineapple leaves are used in the production of hand made paper. Started as part of Thailand's One Village One Product initiative, a project from HM King Bhumibol, Pineapple Paper 2001 has customers

Continued P. 8



Khao Sam Roi Yod

It was declared as the first coastal park in Thailand on June 28th, 1966. The 98 sq-km located approx. 300 km south-west of Bangkok or 37 km south of Pranburi in Prachuabkhirikhan province, Songthaews run from Pranburi to Ban Pu from where you have to walk to the park headquarters. It means the mountain with 300 peaks. A series of grey limestone mountains, which rise from the gulf of Thailand and adjacent coastal marsh to a maximum height of 605 meters. Khao Sam Roi Yod is one of the country's best bird watching sites. The wooded mountains make it a site of outstanding natural beauty, but it is the freshwater marsh and coastal habitats, that gives the park ecological significance. It also has great recreational and educational value and offers the visitor a tremendous variety of attractions. The park includes fine sandy beaches, spectacular caves, superb mountain viewpoints, offshore islands, forest trails, boat excursions, and estuarine and mangrove



habitats, all within a relatively small area. One of the most interesting is the dry limestone mountains. These are sparsely covered by dwarf evergreen and deciduous trees and shrubs which grow in the thin soils and on the barren rock. The park still supports a population of Serow and blackish goat-antelope. There are three species of primates: dusky or spectacled langur, crab eating or long tailed macaque, and the slow loris. Other mammals found are the barking deer, malayan pangolin, fishing cat, common palm-civet, malayan porcupine, javan mungos, siamese hare, grey bel-

Continued P. 8

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From P. 6 Close-up Side Trips

- Ban Laem, where villagers "surf" across the mud flats on long wooden boards to collect the shells by hand.
- The largest evergreen forest (highlight and tourist attractions)
- Kaeng Krachan National Park, it is an absolute paradise for naturalists and hikers.
- Lake or Kaeng Krachan Reservoir
- Khao Panoen Thung
- Thoththip waterfall
- Tharn Thip waterfall
- Phetburi river
- Other place to visit.
- Khao Yoi Cave
- Khao Eko
- Leam Pak Bear
- Leam Luang Cape
- Chao Samran Beach
- PukTian Beach
- Petch Beach
- Klong Thian Beach
- Cha-am Beach
- Huay Sai Tai Wildlife Breeding Centre



PRACHUAB KHIRIKHAN lies 90 kms. south of Hua Hin. The most ritualism is THE CITY PILLAR situated at the Koa Luk rd. The pillar is very beautiful, on the top is prapromh which has 4 faces. And the most prominent landmark is a beachside hill-ock name KHAO CHONG KRA CHOK (Mirror mountain) which supports a buddhist shrine on the top. When you are on the top you can see the bay & town.

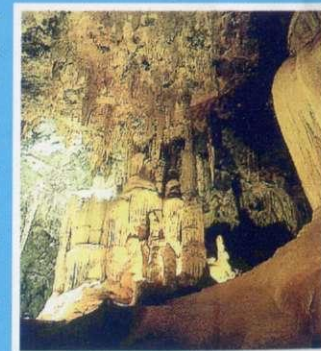
PRACHUAB BAY the beach is curve & beautiful. Tourists always come to watch the sunrise in the early morning time for the view is very fantastic.

MANAO BAY which ahead from Prachuab bay in the Air Force 53. The beach is clean with clear water arounded with many trees can come to relax & swim.

NATIONAL PARK SAM ROI YOD drive south to PRANBURI in the National Park, passing through pineapple plantations & sugar-cane to an unspoiled fishing village (Ban Bang Pu) Proceed by a simple fishing boat to a quiet beach.

PHRAYANAKORN CAVE a beautiful "Sala" erected by King Rama V. Sensible walking shoe are essential. Also SAI & KAEW CAVE situated at the same park. This ancient caverns have petrified waterfall, monstrous limestone domes with dange stone tentacles.

PA KLANG AOW National Forest The National forest is full of many kinds of tree species. Just only 2 kms. from Amphuer Bangsaparn, close to the sea. There is a lot big suitable for camping.



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When you come to Hua-Hin, we suggest you taste the following dishes.
KHAOW NIAOW MA-MUANG
Steamed sticky rice topped with coconut milk cream eaten with mango. Thai people call Khao neao ma-mong is a typical Thai dish. It's a delicious. Mango is a sweet flavour fruit. When it's mango season (March until May) in Thailand, the thinly sliced mangoes melt in your mouth, the sticky rice adds a bit of chewiness, and the coconut milk soaks it all in richness. A bit of chilli sugar is added for that extra bit of piquancy.

SALADS are a popular dish enjoyed by all levels of society. Salad are eaten with steamed or sticky rice, which helps soothe the palate if the salad is particularly spicy.
Yam Woon Sen Salad made with warm glass noodles and a number of different meats and seafood known as Yam Woon Sen. Soak the glass noodles in hot water until soft. Drain and cut into short lengths. Combine the soya bean sauce with the lime juice, sugar. Add the sliced shallots and spring onions and stir again before serving.

Tasty Cuisine

You have tasted on Naresdamri rd. at Meekaruna restaurant, Naresdamri restaurant, Ketsarin Seafood, Blue Elephant Terrace, Pizza Corner, Lo Stivale, Bella Roma, Sweden Restaurant on Poolsuk rd. and on Phetkasem rd. at Satukan Square. It's very delicious & reasonable prices.



SOM TAM In spicy fruit salads, especially mango and papaya that are still green to impart a crunchy and slightly sour taste. They range from the humble green papaya salad called Som Tam. Place the garlic and chillies in a clay mortar and pound them lightly with a wooden pestle to bruise them slightly. Add the papaya, tomatoes, string beans, shrimp and peanuts to the mortar. Pound until the ingredients are lightly bruised. Then add the lime juice, fish sauce and palm sugar to the mortar. Continue to pound and mix with a spoon until the palm sugar has dissolved. Serve with fresh vegetables such as cabbage, string beans and water spinach.

MOO SATAY is sliced pork mixed with spices such as fennel before coconut cream is added. The fragrant pieces are then grilled before being spread a second time with coconut cream. The pork is delicious when eaten with a satay sauce of mixed cream and peanuts. A-chade sauce is a mixture of sliced cucumber, onion and chillies covered with vinegar. For those preferring the less spicy, this dish can be ordered without the sliced chillies and eaten with toast.



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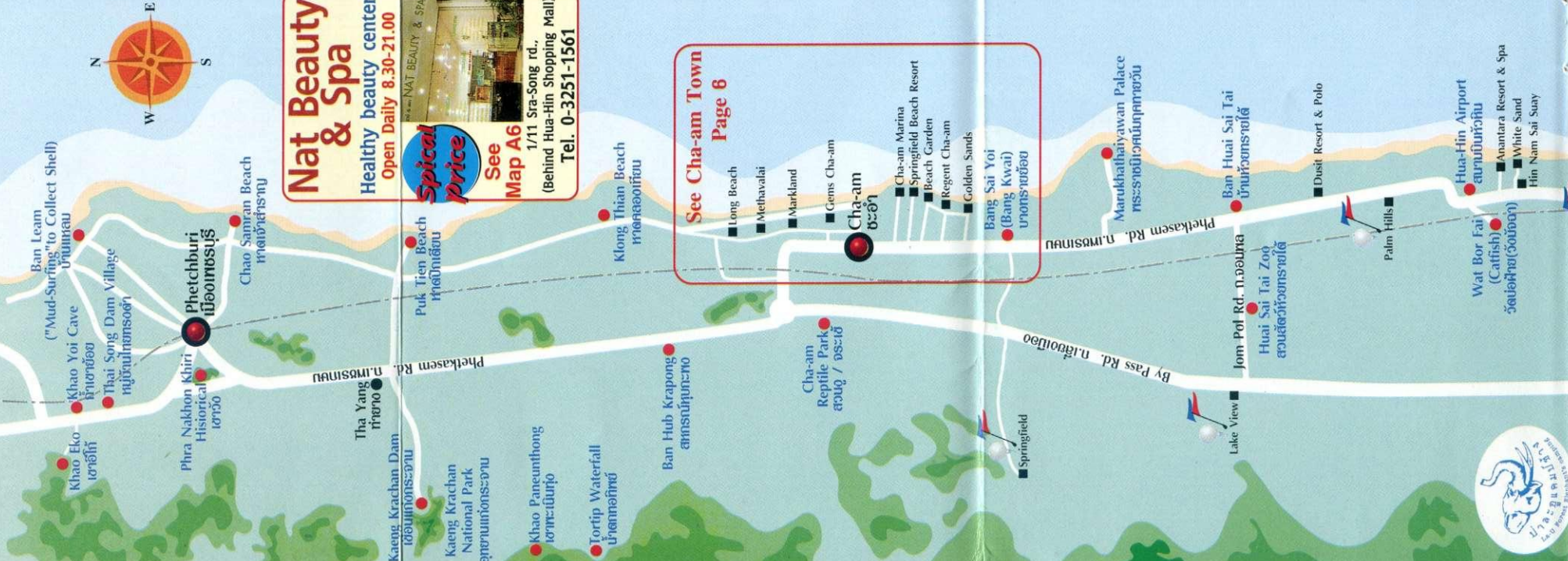
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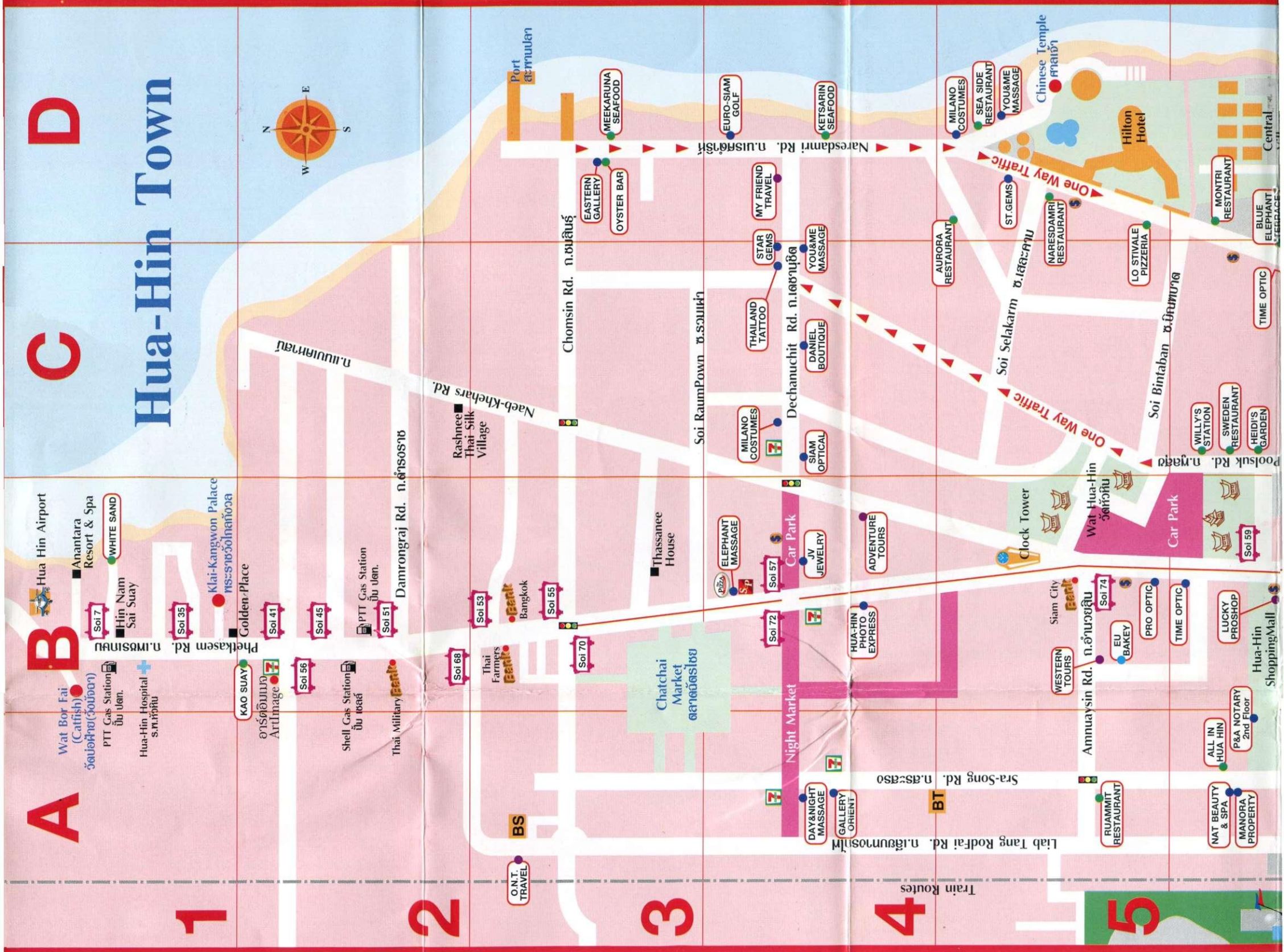
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See Cha-am Town
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- Fish market at fishing port (Early in the morning)
- Souvenir bazaar at near Sofitel Hotel
- Night market at Dechanuchit rd. (everyday 5 pm. till late)
- Weekend market at Grand Hotel & Plaza (Thu, Fri & Sat till late)

Petchaburi is a charming cultural and historical town interest make it a marvellous complement to the natural delights of the seaside, sitting astride the main road to southern Thailand. And have many temples, some of the best examples of ayutthayan mural paintings can be found here to visit.

- Wat Mahathat
- Wat Kampaeng Laeng
- Wat Yai Suwannaram
- Wat Ko Kaew Sutharam
- Wat Plab Plachai
- Wat Phra Nawn
- Khao Luang Cave

Have the glorious palace are breath-taking palace.

- Phra Nakhon Khiri palace on Khao Wang, now a national museum on a hilltop on the edge of the town

- Phram Rachanivet Originally called Ban Puen Palace (rainy season palace)

- Phra Ratchaniwet Marukhathaiyawan built of golden teak (summer palace) near Cha-am

Other cultural attractions offer a wealth of sightseeing.

- Thai Song Dam Village, highlighting their distinctive way of life, music and dance.

Close-up Side Trips

HUA HIN & CHA-AM

Less than four hours by road or rail from Bangkok, Hua Hin with its 3 kms. long white sand beach and small fishing village has long had an air of exclusivity thanks to favouritism by Thai royalty and Bangkok's wealthy elite. The area retains more of a Thai family ambience than other touristy destinations. The weekend getaway of Cha-am is a lovely long stretch of beach that has become popular with youthful groups of Bangkokians. Around 40 kms. from Petchaburi, the resort is extremely peaceful during weekdays, with plenty of delicious seafood to choose from.

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Ban Samaw Rieng or Ban Laem Hin
(Stony Point Village) the place was a remote fishing village by a rocky headland. Afterwards Prince Nares, a son of (Rama V) built a holiday palace at the beach and introduced the name Hua Hin, meaning Stone Head. Hua Hin is oldest smaller sea-side holiday town.

Where's the tourist attractions.

- Klai Kangwon palace (now closed, the king in residence.)
- Hua Hin beach (About 6 kms southwards between Hilton Hotel and Khao Takiab (Chopstick Hill))
- Khao Takiab (vantage point, standing buddha & monkey feeding) & Khao Krilas (catfish feeding)
- Suan son beach (sea pine tree garden)
- Singh Toe Island (the coast of suan son beach)
- Khao Tao & sai noi beach
- Phra Phrom shrine (on Khao Mahachai hillock)
- Khao Hin Lek Fai (view point & Tropical garden)
- Elephant village (Wat Etisukawat & Hua Na Village)
- Pala U waterfall
- The Royal waiting room (Railway station)
- Wat Bor Fai (catfish feeding)

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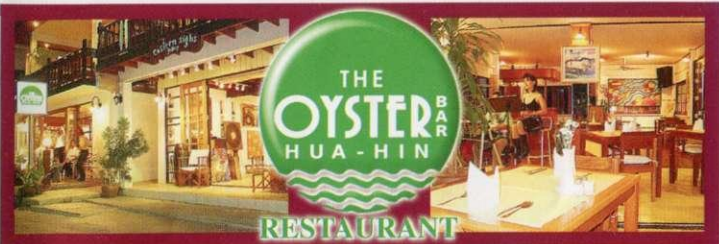
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From P.1 Shopping
both in Thailand and abroad. With Pranburi being the main center for Pineapples, historically their leaves were treated as a waste product of the industry. However, during the last few years ways have been developed to process these strong fibered leaves, into a booming small village industry using local labor and environmentally friendly materials. The end result is the production of a wide range of local handicrafts such as picture frames, cards, containers, books, jewelry boxes. And a variety of processed fruits are a mainstay of business. Souvenir shops can be found in the town, Daymarket at Chatchai Market & Nightmarket at Dechanuchit rd. and Every weekend at Golden Place near King Palace 9.00 till 5 pm.
Shopping guide in Petchaburi

Sweets is a famous souvenir of this province. Examples are Morkang, Arlua and Sampannee (made from flour & sugar), Bah Bin (made from coconut, sugar & flour), Kanom Chan (a layered sweet made flour & sugar), Chaow Tan Chuerm (palm seed in thick syrup). So foy Thong, Thong Yip, Thong Yod. They are essentially confections of egg yolk and syrup, although with different methods of preparation, remain widely favoured Thai desserts or khamon. Khao Chare, rice served with ice and sweetened meat is a renowned local dish and is popular during the summer season as it cools you down.
Visitors are able to buy these sweets as souvenirs from sweet shops in town (near Khao Wang) and many well-known shop on both sides of Phetkasem road.

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From P.1 Khao Sam Roi Yod
lied squirrel. Dolphins are sometimes sighted in the coastal water. There are around 300 species of birds recorded seen in the park. The large number of species found in a relatively small area can be attributed to the unique diversity of habitat, and because the park is located on the east Asian/Australian flyway of birds. Migratory birds account for about half of the recorded species. Visitors can see the main attractions along the hiking trails that criss-cross the park. The Khao Karjom trail leads to the top of the tallest hill, near the center of the park. Steep trails lead to the fine beaches of Sam Phraya and Laem Sala or alternatively boats can be hired from Ban Bang Pu. A popular trip is the two-hour boat cruise along the **KHAO DAENG CANAL**, from near the park headquarters. Passing through mangroves and wetland habitats, Visitors can see various species of birds and trees, the best time is in the early morning or late afternoon. The trip is most popular at sunset.
The park has three outstanding caves. **PHRAYA NAKORN CAVE** can be reached on foot from Ban Bang Pu or by boat. The trail is steep and rocky. Phraya Nakorn cave has two sinkholes, the roofs of which have collapsed allowing sunlight and rain to reach the floor, where trees have grown reaching for the ceiling, Phraya Nakorn Cave can be reached from Laem Sala beach, by a steep rocky trail, 430 meters long and rising to a height of 130 meters, taking about 30 minute to climb. There are a couple more caves that are of interest. And a pavilion built for a visit by King Rama V in 1896. The cave was named for Phraya Nakorn, ruler of the city-state of Nakorn Si Thammarat, who inadvertently discovered it over 200 years ago when a gale forced his ship ashore.
Deep tunnels and interlinked chambers fill the Cave. You can rent a lamp to see the calcite-encrusted walls from the mineral laden water droplets, which glisten like diamonds, giving it the name **CRYSTAL OR KAEW CAVE**.
SAI CAVE is situated on a hill facing the ocean near the fishing village of Khung Ta Nod, the road to Khung Ta Nod ends at the base to the trail, 2.3 km. from the main road. A narrow sandy road, runs through the village along the seafront and vehicles can be left near the beginning of the trail. Lamps for exploring Sai Cave can be rented from villagers who wait at a shelter. A 20-minute climb get you to the single large cavern to see calcified waterfalls.
Better is to charter a vehicle for around 300 baht for the whole trip. Forestry Department bungalows for 8 to 20 people or Tents and equipment are available at the park headquarters or at Sam Phraya Beach.
For advanced reservations contact KHAO SAM ROI YOD NATIONAL PARK Tambon Khao Daeng, Amphoe Kuiburi Prachuabkhirikhan 77150 **Tel. 032-619 078**